

Step 3:

Ship the saliva specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen **Monday – Friday overnight delivery only**.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package.” Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- Seal all filled saliva tubes and the pad in the biohazard bag, and place it in the clear plastic box.
- Place your **completed and signed requisition form and questionnaire** on top of the biohazard bag and close plastic box. *Do NOT staple or tape box.*
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. *DO NOT mark or write in any other sections.*
- Put the kit box into the prepaid mailing envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.

Rhythm Plus

Patient Instructions for Saliva Collection

IS-575



Check Your Kit

- A - 16 Collection tubes
- B - 16 Labels, numbered 1-16 in red
- C - 1 Biohazard bag with absorbent pad
- D - re-sealable bag of Parafilm® squares
- E - 1 Requisition (to be completed and signed)
- F - 1 Questionnaire (to be completed and returned)
- G - 1 Prepaid mailing envelope

- If any items are missing or expired, call Client Services at 800.522.4762, then press 1
- Keep the kit box for shipping your specimen to the lab.

Step 1: Important things to know and consider

- **Transdermal (cream) and sublingual bio-identical hormones** may produce artificially high levels in the saliva that do not correlate with blood levels. This increase from cream hormones may last for weeks to months after discontinuing use. If you are taking these substances – or have taken them within the last 12 months – please consult with your healthcare practitioner before taking this test.
- The following **drugs, herbs and dietary supplements** may influence levels of hormones reported in this test: ketoconazole, cimetidine (Tagamet), anastrozole (Arimidex), letrozole (Femara), exemestane (Aromasin), Chrysin, Apigenin, Tribulus terrestris, clomiphene, anti-epileptics, digoxin, oral steroids (e.g. Prednisone), cortisone cream, and any steroid-based nasal sprays, inhalers, or eye drops. *Let your physician know about these and any other medications, herbs, and supplements that you have used in the past 3 months. Do not change use of supplements or medications unless instructed to do so by your healthcare provider.*

Schedule and prepare for your saliva collection

- Your **collection schedule is based on the first day of your menstrual cycle** (the day menstrual blood flow begins). If you are not experiencing periods, you may start on any day. You may find it helpful to **use a calendar** to remind you of collection dates.
- It is important that you **collect saliva during the specified time frame**.
- **If you have difficulty producing enough saliva for the tube**, use one piece of the Parafilm included in the kit. Peel a strip of Parafilm off of the paper backing and chew it like chewing gum to create saliva. *Discard the Parafilm before collecting saliva.*
- **One hour prior to collection** do not eat, brush or floss your teeth, use mouthwash, chew gum or use any tobacco products. *You may drink ONLY water during this time.*
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday - Friday. *Sample MUST be stored frozen at least 2 hours before shipping.*
- **Complete the requisition form** with all patient and billing information. Be sure it is signed by the patient/responsible party and the healthcare provider.

Saliva Collection Schedule: Keep this nearby for the next 29 days!

Collect your saliva during the specified time frame each day:	DAY 1:	Count from this day (<i>the first day of your menstrual cycle</i>). Do not collect on this day.	
	DAY 2:	No collection on this day	
	DAYS 3, 5, 8, 11, 12, 14, 16, 18, 20, 23, 28:	7:00 AM to 9:00 AM	(Use labels #1, 2, 3, #4, 5, 6, 7, #8, 9, 10, 11)
	Day 29 Schedule		

Wake up between 6:00AM and 8:00AM and collect five saliva samples according to the following schedule:	MORNING:	1 hour after rising for the day	(Use label #12)
	MIDDAY:	11:00 AM to 1:00 PM	(Use label #13)
	AFTERNOON:	3:00 PM to 5:00 PM	(Use label #14)
	LATE NIGHT:	10:00 PM to 12:00 AM	(Use label #15)
	EARLY NEXT MORNING: (early morning hours of Day 30)	2:30 AM to 3:30 AM	(Use label #16)

- **Before you go to sleep on Day 29**, place your collection tube (with a completed label) at your bedside, along with a glass of water and a low level light. **Do not turn on a bright light, it will cause your melatonin level to drop.**

Step 2: Collecting your saliva specimens

Not following these instructions may affect your test results.



- 1 Write your full name, time, and date of collection** on label #1 using a ballpoint pen or pencil only. Attach the label to a collection tube.



- 2 When ready to collect the saliva, rinse your mouth with drinking water.** Spit out the water completely, and do not cough or clear your throat into the collection tube.



- 3 Fill the collection tube until liquid saliva level reaches the 3-ml mark.** To reduce a foamy saliva collection, tap the tube on a hard surface. Insufficient saliva samples cannot be processed.



- 4 Replace the cap tightly to avoid leakage. Place the filled tube into the biohazard bag and freeze immediately.** Samples must be frozen a minimum of 2 hours prior to shipping. Keep sample frozen until ready to ship.



- Repeat steps 1-4 for each collection, using the labels numbered 2 and 3, etc., in order.

Consult your healthcare provider if you have any questions at any time during this test.